

# ABSTRACT

Provided is a composition permitting high systemic absorption of n-3 polyunsaturated fatty acids and high transfer of them to tissues and capable of fully  
5 exhibiting pharmacological effects which the fatty acids have.

A fat composition containing one or more phospholipids having, as a constituent fatty acid, an n-3 polyunsaturated fatty acid selected from docosahexaenoic  
10 acid, docosapentaenoic acid and eicosapentaenoic acid; and  $\alpha$ -linolenic acid and/or a fat containing  $\alpha$ -linolenic acid.